

Grandparents Raising Grandchildren

PLEASE COME TO A SPECIAL MEETING:

Thursday, November 1

2:00pm

Davie County Senior Services is interested in hearing from grandparents who are raising their grandchildren. We are trying to better understand some of the needs of these caregivers and how Senior Services might be able to meet those needs, either through this agency or through collaborations with other agencies. If you are raising your grandchildren or other family members, please come to this meeting. Light refreshments will be served and we will have an open forum type discussion to talk about the needs and concerns of this special group of caregivers.



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OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

ASK THE DOCTOR

Monday, October 1 - 10:45 - 11:15am
- MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 14.



SENIOR FINANCIAL CARE

Tuesday, October 2 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 18.

BLOOD PRESSURE SCREENINGS

Tuesday, October 2 - 10:45am - MP Room A

Screener: Senior Services' representative

See all the details on pg. 14.

MASSAGE THERAPY

Tuesday, October 2 - 1:00pm - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

KNOW THE FACTS: BENEFITS OF PREARRANGEMENT

Thursday, October 4 - 1:00pm - MP Room B

Speaker: Westlawn Gardens of Memory

RSVP by September 27

The death of a loved one is an experience that everyone must face. Most families find themselves poorly prepared to deal with the problems, indecisions and costs this passing brings. This seminar will teach the importance of prearrangement and how it can help those you leave behind with expenses and peace of mind. Open to adults of any age - no children, please.

Qualifies for Destination Fitness drawing.

HANDBELLS

Friday, October 5 - 10:00am - MP Room B

RSVP by Oct. 3

See all the details on pg. 16.

FALL FEST - VOLUNTEERS NEEDED

Friday, October 5 - 10:30am - Autumn Care

Friday, October 12 - 10:30am - Bermuda Commons

Friday, October 19 - 10:00am - Davie Place

Friday, October 26 - 10:30am - Somerset Court

Each year Senior Services visits long term care facilities in our community to host a small carnival style program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.



FLU SHOTS - TWO DAYS!!

Tuesday, October 9 - 9:00am - 3:00pm

Or

Friday, October 19 - 9:00am - 12:00pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for the Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you. Shots will also be given at the Farmington site on October 18 from 10:00 - 1:00pm.

SCRAPBOOKING

Tuesday, October 9 - 2:00pm - Classroom B

RSVP by Oct. 2

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, October 9 - 6:30pm - Classroom B

Please RSVP by Oct. 5

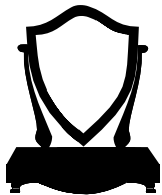
See all the details on pg. 19.

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

KNITTING/CROCHETING GROUP

**Thursday, October 11 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 10.



MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "MIRROR / MIRROR"

**Friday, October 12 - 2:00pm - MP
Rooms A & B**

RSVP by October 5

MPLC license No: 12377840

An evil queen steals control of a kingdom and an exiled princess enlists the help of seven resourceful rebels to win back her birthright in this adaptation of the classic Snow White fairy tale. Starring Julia Roberts and Lily Collins, this film is rated PG for some fantasy action and mild rude humor. Runtime is approximately 1 hour and 45 minutes. This is an out of school day for Davie County schools & you are welcome to bring your grandkids, great-grandkids, etc.. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

DESTINATION FITNESS TESTING - EXTENDED TIMES!!

**Monday, October 15 - 9:30 - 1:00pm -
Exercise Room - By appointment only**

See all the details on pg. 16.

MONTHLY MOVIE - "THE VOW"

**Monday, October 15 - 2:00pm - MP
Rooms A & B**

RSVP by Oct. 8

MPLC license No: 12377840

Paige & Leo are a happy newlywed couple whose lives are changed by a car accident that puts Paige in a coma. Waking up, Paige has no memory of Leo, who vows to win her heart again and rebuild their marriage. Starring Channing Tatum and Rachel McAdams, this film is rated PG 13 for an accident scene, sexual content, partial nudity and some language. Runtime is approximately 1 hour, 44 minutes. Open to adults 55 & older and



exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SAVING YOUR PLANTS FROM WINTER

Tuesday, October 16 - 1:00pm - MP Room B

Speaker: Mocksville Garden Club Member

RSVP by: October 9

Your plants need special care to survive the harsh winter. Learn what you need to do to keep them healthy and alive so that they will continue to brighten your home year after year. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR BOOK CLUB

Tuesday, October 16 - 2:30 - 4:00pm -

Classroom A

RSVP by Oct. 9

See all the details on pg. 15.

MASSAGE THERAPY

**Tuesday, October 23 - 9:30am - 4:00pm - by
appointment only - Classroom B - NOTE**

CHANGE IN DATE!!

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

THEATRE CLUB

Tuesday, October 23 - 1:00pm - Classroom B

See all the details on pg. 16.

PUMPKIN CARVING

**Wednesday, October 24 - 10:45am - MP Rooms
A & B**

Demonstrator: Tim Trudgeon

RSVP by Oct. 17

If you've never seen Tim carve pumpkins you are missing a treat. Come watch as interesting faces come to life from an ordinary pumpkin. Open to adults 55 & older and exceptions under the general participation policy.

KNITTING/CROCHETING GROUP

**Thursday, October 25 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 10.

OCTOBER/NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

MEDICARE PART D OPEN ENROLLMENT DAY

Thursday, October 25 - 1:00pm -

Multipurpose Room B

Speaker: Kim Shuskey, Director, Davie County Senior Services

RSVP by Oct. 18

The Open Enrollment Period to get or make changes to your Part D Medicare prescription plan is Oct. 15 - Dec. 7. On Oct. 25 SHIP counselors will give a short overview of the Enrollment process and will be on hand to help you make those changes. This day will be set aside for Part D plans and applying for "extra help" with your prescription costs. You may also come just for the seminar and make a later appointment with a counselor or choose to use the information you learned to do the process for yourself. Open to anyone on Medicare.

SATURDAY MORNING CINEMA **- "O BROTHER WHERE ART THOU"**

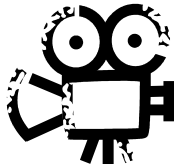
Saturday, October 27 - 10:00am

- MP Rooms A & B

RSVP by Oct. 19

MPLC license No: 12377840

Each quarter we will show one Saturday morning movie. It will be a mix of older & newer movies. This time we will show "O Brother Where Art Thou". Set in the 1930's Depression-era deep south, three convicts (George Clooney, Tim Turturro and Tim Blake Nelson) escape from the chain gang and embark on the adventure of a lifetime. Meanwhile they try to match wits with a cunning and mysterious lawman (John Goodman) determined to capture them. Rated PG-13 for some violence and language, runtime is approximately 1 hour, 46 minutes. Closed captions will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.



HALLOWEEN PARTY & SUPPER

Tuesday, October 30 - 6:00pm - MP

Rooms A & B

RSVP by: Oct. 23 - Limited to 130 participants



For this year's Fall party we will celebrate Halloween with a costume party. Come dressed in your favorite costume and we will have a costume contest along with Halloween Bingo. A soup or chili supper will be served as well. Costume is not required for participation in the party. Open to adults 55 and older and exceptions under the general participation policy.

GRANDPARENTS RAISING GRANDCHILDREN MEETING

Thursday, November 1 - 2:00pm - MP Room B

RSVP by: Oct. 25

If you are raising your grandchildren or other family members, please come to this meeting. Light refreshments will be served and we will have an open forum type discussion to talk about the needs and concerns of this special group of caregivers.

HANDBELLS

Friday, November 2 - 10:00am - MP Room B

RSVP by Oct. 31

See all the details on pg. 16.

EXERCISING AS WE AGE

Friday, November 2 - 1:00pm - MP Room B

Speaker: Elizabeth Chmelo, Wake Forest Baptist Health Center

RSVP by: Oct. 26

As we age, we may need to change the types of exercise we do and the way we do it. Learn what you need to know to remain active and healthy by exercising for years to come. These seminars are open to adults of any age - no children, please.

Qualifies for Destination Fitness drawing.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

ASK THE DOCTOR

Monday, November 5 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 14.

SENIOR FINANCIAL CARE

Tuesday, November 6 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 18.

BLOOD PRESSURE SCREENINGS

Tuesday, November 6 - 10:45am - Multipurpose Room A

Screener: Senior Services' representative

See all the details on pg. 14.

MASSAGE THERAPY

Tuesday, November 6 - 1:00pm - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.



VETERAN'S BREAKFAST, LUNCH OR DINNER

Thursday, November 8 - 7:30am

OR

Thursday, November 8 - 1:00pm

OR

Thursday, November 8 - 5:30pm -

MP Rooms A & B

Choose the time that works for you.

RSVP deadline: Nov. 1 (or when spaces fill)

All veterans and active military personnel and one guest are invited to a meal in their honor. We'll have great entertainment and food. Due to the overwhelming response, we will have three events this year. Please call and sign up for the one that you wish to attend. All events will have a delicious meal. The lunch & dinner events will feature entertainment by "The Andrews Sisters". The breakfast event will not include entertainment, but will offer breakfast & recognition of the military branches. Space is limited at each event, so call early to ensure you get to come at the time you desire.

KNITTING/CROCHETING GROUP

Thursday, November 8 - 1 - 3pm - Classroom B

See all the details on pg. 10.

LEARN ABOUT NEW TECHNOLOGY "TOYS"

Friday, November 9 - 2:00 - 5:00pm -

Multipurpose Room B

Speaker: Jackie Allen

RSVP by: Nov. 2

E-readers, tablets, MP3's - these are the toys on many grown up and kid's holiday wish list. Ms. Allen will demonstrate some of these items and teach us the basics of how to use them & what to look for when purchasing. Open to adults 55 & older & exceptions under the general participation policy.



PAPER CRAFTS FOR CHRISTMAS

Tuesday & Thursday, November 13 & 15 - 1:00pm - MP Room B

Instructor: Elizabeth Norman, Program Coordinator & Kim Shuskey, Director

Cost: \$2.00 & bring own scissors

RSVP by Nov. 6

Learn to make beautiful Christmas crafts out of an old magazine & paper. We will make a Christmas tree and a woven star. Examples will be on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.

SCRAPBOOKING

Tuesday, November 13 - 2:00pm - Classroom B

RSVP by Nov. 6

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, November 13 - 6:30pm - Classroom B

Please RSVP by Nov. 9

See all the details on pg. 19.

LUNCH WITH COUNTY COMMISSIONERS

Wednesday, November 14 - 12:00pm -

Multipurpose Room B

RSVP by Nov. 7

This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

SATURDAY MORNING BREAKFAST

Saturday, November 17 - 9:00am - MP

Rooms A & B

RSVP by Nov. 9

Adults 55 and older & their guests of any age are invited to a great breakfast. Afterwards we will play People Bingo. Kick off your weekend with friends and family at this fun event. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.

DESTINATION FITNESS TESTING - EXTENDED TIMES!!

Monday, November 19 - 9:30 - 1:00pm -

Exercise Room - By appointment only

See all the details on pg. 16.

MONTHLY MOVIE - "GOOD DEEDS"

Monday, November 19 - 2:00pm - MP

Rooms A & B

RSVP by Nov. 13

MPLC license No: 12377840

A successful, wealthy businessman, Wesley Deeds has always done what's expected of him. But Wesley is jolted out of his predictable routine when he meets Lindsey, a down on her luck single mother who works on the cleaning crew in his office building. When he offers to help her get back on her feet, the chance encounter with someone so far outside his usual circle ignites something in Wesley. This one good deed may finally spark his courage to exchange the life that's expected of him for the life he's always really wanted. Rated PG-13 for sexual content, language, some violence and thematic material, this movie stars Tyler Perry, Thandie Newton and Gabrielle Union. Runtime is approximately 1 hour and 51 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

MASSAGE THERAPY

Tuesday, November 20 - 9:30am - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.



SENIOR LUNCH

Tuesday, November 20 - 11:30am - MP Room B

Speaker: Cora Stroud, Barn Quilt Tours

RSVP by Nov. 13

We have taken a couple of barn quilt tours now. If you haven't got to go, or even if you have, you won't want to miss this talk. Ms. Stroud will discuss the tour & share pictures with the group. A delicious Thanksgiving style lunch will follow. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR BOOK CLUB

Tuesday, November 20 - 2:30 - 4:00pm -

Classroom A

RSVP by Nov. 13

See all the details on pg. 15.

THEATRE CLUB

Tuesday, November 27 - 1:00pm - Classroom B

See all the details on pg. 16.

CAREGIVER'S DINNER

Tuesday, November 27 - 6:00pm - MP Room B

RSVP by: November 20

November is Caregiver's Appreciation Month. If you are an unpaid caregiver who provides ongoing care for an older adult, or have provided such ongoing care in the past year to an older adult who has passed away, we invite you and a guest to a relaxing dinner. There will be great food and some type of entertainment. This event is also open to grandparents raising grandchildren. Caregivers are welcome to bring the loved one for which they are caring.



NOV./DEC. SPECIAL EVENTS - MOCKSVILLE SITE



DINNER & A MOVIE - "JACK & JILL"

Thursday, November 29 -

5:30pm

RSVP by Nov. 21

MPLC license No: 12377840

Enjoy dinner then stay for "Jack & Jill".

Jack Sadelstein is a successful advertising executive in Los Angeles with a beautiful wife and kids, who dreads one event each year: the Thanksgiving visit of his identical twin sister Jill. Jill's neediness and passive-aggressiveness is maddening to Jack, turning his normally tranquil life upside down. The movie is rated PG for crude and sexual humor, language, comic violence and brief smoking. It stars Adam Sandler and Katie Holmes and runtime is approximately 1 hour and 31 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

ASK THE DOCTOR

Monday, December 3 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 14.

SENIOR FINANCIAL CARE

Tuesday, December 4 - 8:30am - 4:30pm -

by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 18.

BLOOD PRESSURE SCREENINGS

Tuesday, December 4 - 10:45am -

Multipurpose Room A

Screener: Senior Services' representative

See all the details on pg. 14.

MASSAGE THERAPY

Tuesday, December 4 - 1:00pm - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 15.

SINGLE'S DINNER

Thursday, December 6 - 5:30pm

Cost: \$5.00 for transportation & Dinner on Your Own

RSVP by Nov. 29

Transportation space limited to the first 24 - MONEY IS DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Cracker Barrel in Clemmons. All participants will pay for their own meal. For those who wish to meet us at the restaurant, the \$5.00 transportation fee will be waived. Please still RSVP so that we can reserve enough table space. Open to single adults 55 and older.



HANDBELLS

Friday, December 7 - 10:00am - MP Room B

RSVP by Dec. 5

See all the details on pg. 16.

CLASSIC CHRISTMAS MOVIE FRIDAYS

Fridays, December 7 - 21, 1:00pm -

Multipurpose Rooms A & B

RSVP: At least one week before each movie

MPLC license No: 12377840

On each of the Fridays in December before Christmas we will show a classic Christmas movie. The schedule will be posted sometime in November. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

RECOGNIZING CELIAC DISEASE & MAINTAINING A GLUTEN FREE DIET

Monday, December 10 - 1:00pm -

Multipurpose Room B

Speaker: Representative from Wake Forest Baptist Health

RSVP by Dec. 3

Celiac Disease is becoming more and more common. But many times it is misdiagnosed or takes a long time to recognize. Learn what to look for and how to alter your diet if you have been diagnosed. Open to adults of any age - no children, please.

Qualifies for Destination Fitness drawing.

VETERAN'S SOCIAL

Tuesday, December 11 - 10:30am -

Multipurpose Room B

Speaker: Rural Health Nurse, Salisbury VA

RSVP deadline: Dec. 4

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. There will be a short presentation on information pertinent to veterans. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests.***

SCRAPBOOKING

Tuesday, December 11 - 2:00pm -

Classroom B

RSVP by Dec. 4

See all the details on pg. 10.

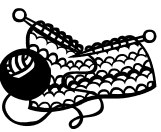
ALZHEIMER'S SUPPORT GROUP

Tuesday, December 11 - 6:30pm -

Classroom B

RSVP by Dec. 7

See all the details on pg. 19.



KNITTING/CROCHETING GROUP

Thursday, December 13 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 10.

DESTINATION FITNESS BREAKFAST

Friday, December 14 - 9:00am - MP Room B

Sponsor: Davie County Hospital

Register no later than Dec. 7

Logs due Dec. 3 to Elizabeth Norman, Program Coordinator

For our next destination we will "walk" 130 miles to Spartanburg, SC, home of the new BMW factory. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see pg. 16.

DESTINATION FITNESS TESTING - EXTENDED TIMES!!

Monday, December 17 - 9:30 - 1:00pm -

Exercise Room - By appointment only

See all the details on pg. 16.

MONTHLY MOVIE -

"JOYFUL NOISE"

Monday, December 17 -

2:00pm - Multipurpose

Rooms A & B

RSVP by Dec. 10

MPLC license No: 12377840

This comedy stars Dolly Parton and Queen Latifah in the tale of a small-town choir determined to win a national choral competition. If these two strong-willed women can put aside their differences for the good of the people in their town, they - and their choir - may make the most joyful noise of all. This movie is rated PG-13 for some language, including a sexual reference. Runtime is approximately 1 hour, 58 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



MASSAGE THERAPY

Tuesday, December 18 - 9:30am - 4:00pm - by appointment only - Classroom B

See all the details on pg. 15.

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE



CHRISTMAS PARTY

**Tuesday, December 18 - 2:00pm -
Multipurpose Rooms A & B**

**RSVP deadline: December 11, or
when spaces are filled**

Don't miss our annual Christmas party. There will be great refreshments and lots of fun. Musical entertainment will be provided by Benita Finney. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR BOOK CLUB

**Tuesday, December 18 - 2:30 - 4:00pm -
Classroom A**

RSVP by Dec. 11

See at the details on pg. 15.

KNITTING/CROCHETING GROUP

**Thursday, December 27 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 10.

NEW YEAR'S EVE BINGO

**Monday, December 31 - 1:00pm -
Multipurpose Room B**

Sponsored by: Autumn Care

RSVP by Dec. 21

Spend the last day of 2012 doing what you love most - BINGO! Refreshments will be served. Due to the sponsorship by Autumn Care, Bingo will be free. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

SPECIAL INFORMATION SECTION - EXERCISE

EXERCISE CLASSES

For those of you who attend the SilverHealth & Morning Wake Up programs, you know that we took a brief break due to changes in staff. We want you to know that those classes are back in full swing. Elizabeth Norman, the new Program and Outreach Coordinator is now certified to teach the classes & is eager for new members.

If you haven't been in awhile, come on back and see what's new. If you've never attended before, now is the perfect time to check it out!!

DESTINATION FITNESS PROGRAM

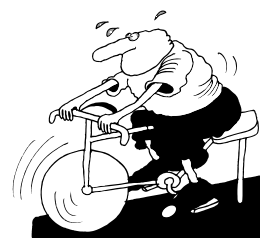
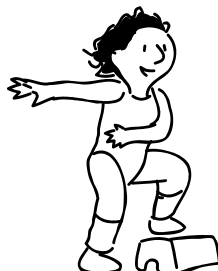
Elizabeth is also putting some new focus on the Destination Fitness Program. Many of our participants have fallen behind in testing.

Elizabeth will be following up with participants to get everyone up to date and ready to meet the latest goal. See all the details about Destination Fitness on page 16 or call Elizabeth Norman with any questions.

FITNESS ROOM

We have been in our building now for about 5 1/2 years and for those of you who use our Fitness Room, you know that some of the machines have started to show their age.

Over the past year we have replaced two machines with brand new equipment and have plans to replace a treadmill in September. These machines are even better than the old ones and we hope you enjoy using them. Thank you for your patience as we have worked through the maintenance issues with the machines. Also thank you for your donations as that is what helps us to purchase the new equipment.



ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Each Monday - 10:00am - 12:00pm
- Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm
- (Oct. 15, Nov. 19, Dec. 17)
- Multipurpose Rooms A & B

President: Imogene Stroud

Membership Dues: \$20.00 year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00noon
- Multipurpose Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm
- Classroom B - (Oct. 9, Nov. 13, Dec. 11)

Group Leader: Barbara Thornton

Cost: Free

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This is an intergenerational program.

WOODCARVING

Wednesdays - 9am - 11am - Classroom A
Facilitator - Tim Trudgeon

Cost: Free

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Wednesdays - 1:00 - 3:00pm - Classroom B
Cost - Free

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

KNITTING/CROCHETING GROUP

2nd & 4th Thursdays of each month - 1:00pm - 3:00pm - Classroom B

All knitters and crocheters are invited to join this group. Twice a month they will get together to make afghans for service organizations in Davie County. If you do not knit or crochet, you may help the group join squares together.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

Upcoming Sessions:

- October 16, 18 & 19 (Tues., Thurs., Fri.) - 3:00 - 5:00pm - Media Room
- November 1, 5 & 6 (Thurs., Mon., Tues.) - 6:00 - 8:00pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

Upcoming Session:

- October 4, 5, 11 & 12 (Thurs., Fri., Thurs., & Fri.) - 2:00 - 5:00pm - Media Room

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Session:

- December 13, 14 & 17 (Thurs., Fri., Mon.) - 3:00 - 5:00pm - Media Room

WINDOWS MOVIE MAKER

This program allows you to incorporate your pictures and camcorder video into a movie. Then you will finalize the movie to publish it onto a CD and send out to your friends and family. If you have Windows XP, Vista or 7 this program should be on your computer already. *Word Level 2 is recommended for this class. Prior knowledge will enhance your ability to understand the concepts quickly. This class is 3 days.*

Upcoming Session:

- October 23, 25 & 26 (Tues., Thurs., Fri.) - 2:00 - 4:00pm - Media Room

PRINTING INVITATIONS

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This class is 1 day and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

Upcoming Sessions:

- December 4 (Tues.) - 6:00 - 8:00pm - Media Room
- December 6 (Thurs.) - 3:00 - 5:00pm - Media Room

ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- November 19 (Mon.) - 6:00 - 8:00pm - Media Room
- November 20 (Tues.) - 2:00 - 4:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

BALLROOM/SOCIAL DANCING

Wednesdays - 6:00pm - MP Room B

Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

Cost: Free

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

This class is a continuation of the SilverHealth program. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays - October 1 - December 31 - Exercise Room

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

Wednesdays & Fridays - October 3 - December 28 - 10:00am - 11:00am - Exercise Room

Instructor: Valerie Slogick

Cost: Free (Donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins September 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

ONGOING ACTIVITIES - MOCKSVILLE SITE



TAI CHI

THE NEXT SESSION OF TAI CHI WILL START IN JANUARY. BE SURE TO CHECK NEXT QUARTER'S NEWSLETTER FOR DATES.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

LOW IMPACT AEROBICS

Wednesdays & Fridays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

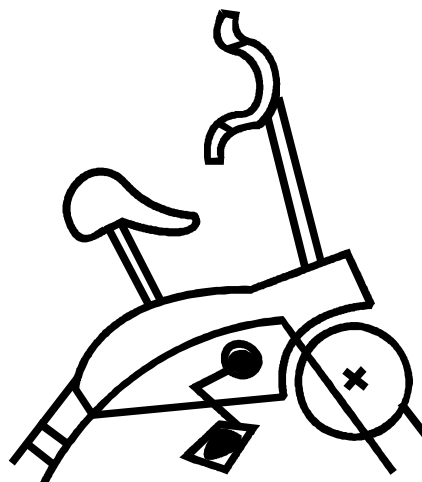
Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



ONGOING ACTIVITIES - MOCKSVILLE SITE



Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|-------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 2:00 - 5:30pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.

BRIDGE

Fridays - 2pm - Classroom A

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Beth Haire at Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.



Health & Wellness

DESTINATION FITNESS TESTING

3rd Monday of each month - 9:30 - 1:00pm - Exercise Room - By appointment only - (Oct. 15, Nov. 19, Dec. 17)

Tester: YMCA or Sr. Services rep.

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.



ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (Oct. 1, Nov. 5, Dec. 3)

Cost - Free

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (Oct. 2, Nov. 6, Dec. 4)

Cost: Free

A trained professional will take your blood pressure at no charge.

ONGOING ACTIVITIES - MOCKSVILLE SITE



PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS -

Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

MASSAGE THERAPY

1st Tuesday of each month - 1:00 - 4:00pm

3rd Tuesday of each month - 9:30am -

4:00pm - by appointment only -

Classroom B - Oct. 2 & 23 (NOTE CHANGE IN DATE), Nov. 6 & 20, Dec. 4 & 18

Massage Therapist : Tammy Hauser

License #5815

Cost: \$30.00 for 30 minute massage

Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here twice a month to offer massages customized to the client. Payment will be made at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 2:30 - 4:00pm
- Classroom A

Oct. 16 - "The Great Gatsby" by F. Scott Fitzgerald

Nov. 20 - "Wicked" by Gregory Maguire

Dec. 18 - "The Red Tent" by Anita Diamont

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge.

You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years). Hardbacks are preferred. We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

Staff Contact: Ina Beavers, Nutrition

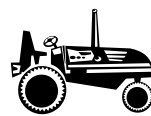
Program Coordinator

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.74. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest



PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -
Multipurpose Room B
(Oct. 1, Nov. 5, Dec. 3)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

ONGOING ACTIVITIES - MOCKSVILLE SITE

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm - Media Room (Nov. 27)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

HANDBELLS

1st Friday each month - 10:00am - MP Room B (Oct. 5, Nov. 2, Dec. 7)

Staff Contact: Kim Shuskey, Director

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B (Oct. 23, Nov. 27, no meeting in December due to Holiday)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

OTHER ONGOING PROGRAMS & SERVICES



Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 - 1:00pm.**



Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. To do this, donations are needed and appreciated. Individuals & organizations can contribute to the following areas:

- **General Support** - for the general operating expenses of Senior Services
- **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
- **Endowment Fund** - to provide permanent financial support for programs & services

There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

OTHER ONGOING PROGRAMS & SERVICES

Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, COMMUNITY RESOURCE
SPECIALIST, UNLESS INDICATED
OTHERWISE.**

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning
Receptionist

Cost: Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

ENSURE PROGRAM

Cost: Free, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

FIDGET APRONS

Cost: Free

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

FRIENDLY VISITOR

Cost: Free

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

HANDMADE PERSONAL ITEMS

Cost: Free, donations appreciated

Senior Services has access to handmade items for those in wheelchairs and walkers. Items include pillows, walker aprons and lap blankets. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOMEBOUND MEALS

Cost: Free, donations appreciated

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

OTHER ONGOING PROGRAMS & SERVICES



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: Free, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Beth Haire, Adm. Assistant, Elizabeth Norman, Prog. & Outreach Coord. or Ina Beavers, Nutrition Prog. Coordinator

Cost: Free

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am - 4:30pm - Media Room

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: Free

Time: Wednesday afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.



VIAL OF LIFE

Cost: Free

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

OTHER ONGOING PROGRAMS & SERVICES

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. The machine is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (Oct. 9, Nov. 13, Dec. 11)

Facilitator: Kelly Sloan, Community Resource Specialist

RSVP no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up.**

\$5.00 fee is non-refundable if you cancel.

Each person going on a trip must sign up in person at either the Mocksville or Farmington site. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

OCTOBER 2 – DIXIE CLASSIC FAIR, WINSTON SALEM, NC

Tuesday, Oct. 2 - Departure time 9:00am, Return approximately 3:30pm

**Cost: \$5.00 for transportation
Money for lunch & any other food/
products you wish to purchase at the Fair**

After your requests, we will go back to the Dixie Classic Fair. You can tour the Fair on your own or with a buddy. You will eat lunch at the Fair. Sign up starts Aug. 15.

NOVEMBER 6 - SOUTHERN SUPREME FRUITCAKE FACTORY, BEAR CREEK, NC

Tuesday, November 6 - Departure time 8:00am, Return approximately 4:00pm

**Cost: \$5.00 for transportation
Money for lunch
Money for shopping if desired**

We will tour the bakery, sample some "goodies" and visit the gift shop. We will stop for lunch at "Best Foods Cafeteria". Sign up starts September 17.

DECEMBER 4 – MEBANE, NC

Tuesday, December 4 - Departure time 8:00am, Return approximately 4:00pm

**Cost: \$5.00 for transportation
Money for lunch
Money for shopping if desired**

We will tour Mebane Historical Museum. Then we will go to Tanger Outlets for lunch at the restaurant of your choice and to do some Christmas shopping. Sign up starts October 15.

JANUARY 8, 2013 - YADKIN CULTURAL ARTS CENTER, YADKINVILLE, NC

**Tuesday, Jan. 8 - (NOTE CHANGE OF DATE)
Departure time 9:30am, Return approximately 2:30pm**

**Cost: \$5.00 for transportation
Money for lunch**

We will visit the new center in downtown Yadkinville and see artists at work. We will have lunch in their "Third Branch Café". Sign up starts November 15.

OTHER ONGOING PROGRAMS & SERVICES



Trips - Extended

PIGEON FORGE, TN

Tuesday - Thursday, Nov. 13 - 15

Prices - Per Person:

\$452.00 - single \$357.00 - double

\$326.00 - triple \$310.00 - quad

Trip Leader - Barbara Thornton

We will go back to Pigeon Forge for another wonderful trip. Price includes the following:

Tuesday, November 13:

- 8:00 AM – Depart Davie Senior Services
- Travel to Pigeon Forge, lunch on the way on your own
 - Stop at Smoky Mountain Knife Works
 - Check into Comfort Inn Apple Valley
 - Dixie Stampede

Wednesday, November 14:

- Breakfast at hotel
- Visit Titanic Museum - This is the Centennial year of the maiden voyage
 - Shopping – Walden's Landing (lunch on your own) and Tanger Outlets
- Dinner at Applewood Farmhouse Restaurant
 - Country Tonite

Thursday, November 15:

- Blackwood Brothers Breakfast Show
- Return home, with stop at Asheville Farmer's Market

Price also includes hotel accommodations at Comfort Inn and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Oct. 5. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.



Trips - Other

WOHLFAHRT HAUS DINNER THEATRE, WYTHEVILLE, VA

Wednesday, December 12 - Depart at 9:00am, Return approximately 7:00pm

Cost: \$45.00 for transportation, show, lunch, tax & gratuity

Wohlfahrt Haus is a state of the art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. We will travel there to see their "Country Christmas Celebration". This show will feature all the songs you know and love by country artists both old and new. The fun-filled holiday production also features a breath-taking Nativity which is sure to put you in the Christmas Spirit.

Full payment is due at time of sign up. In-person sign up not required for dinner theatre trip, but spot will not be reserved until payment is received. Space is limited to 22 people. No refunds will be issued after money is sent to Theatre Company. Deadline for registration is November 30, but spaces fill early so be sure to sign up as soon as possible.



OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

CLASS INSTRUCTORS

Staff Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FUNDRAISING COMMITTEE

Staff Contact: Kim Shuskey, Director

This committee assists with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

FRIENDLY VISITORS

Staff Contact: Kelly Sloan, Community Resource Specialist

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits are encouraged.

FRONT DESK VOLUNTEERS

Staff Contact: Kim Shuskey, Director

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Staff Contact: Ina Beavers, Nutrition

Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

OFFICE HELP

Staff Contact: Beth Haire, Adm. Asst.

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Staff Contact: Elizabeth Norman, Program Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Staff Contact: Kim Shuskey, Director

Tax-Aide Counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRAVEL TIME

Every 2nd Monday - 10:30am (Oct. 8, no class in Nov., Dec. 10)

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

MUSIC DAY

Every 1st Tuesday - 10:30am (Oct. 2, Nov. 6, Dec., 4)

We will listen to and learn about different types of music on this day.

BLOOD PRESSURE SCREENINGS

**Every 3rd Wednesday - 10:30am
(Oct. 17, Nov. 21, Dec. 19)**

A trained professional will take your blood pressure at no charge.

CRAFT DAY

**Last Wednesday of each Month - 10:30am
(Oct. 31, Nov. 28, no Craft Day in Dec.)**

Cost: Free

Each month we will present a new craft. This is a great chance to learn some new skills.

GAMES

Every Friday - 10:30am

We bring out the cards each Friday for some fun and friendly competition. There are a variety of card games from which to choose.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Janet Ball, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.74. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events



PUMPKIN BOWLING

Thursday, Oct. 1 - 10:30am

RSVP by Sept. 24

Enjoy a fun twist on bowling where pumpkins are used instead of traditional bowling gear.

Limited to the first 25 to register.

OPEN ENROLLMENT SEMINAR

Wednesday, October 10 - 10:30am

Speaker: Kim Shuskey, Director

RSVP by Oct. 3

The time to make changes to your Medicare Part D plan is October 15 - December 7th. Learn what you need to know to make informed decisions at this seminar.

Limited to the first 25 to register.

FLU SHOTS

Thursday, October 18 - 10:00am - 1:00pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for the Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you. Shots will also be given at the Mocksville site on Oct. 9 from 9:00am - 3:00pm & Oct. 19 from 9:00am - 12:00pm.

CLASSES & ACTIVITIES - FARMINGTON SITE

LEARN TO USE A FIRE EXTINGUISHER

Tuesday, October 23 - 10:30am

**Speaker: Jerry Myers, Davie County
Emergency Mgt. Coord./Fire Marshall
RSVP by Oct. 16**

Do you have a fire extinguisher? Do you know how to use it? Come learn the proper way in this seminar that could save your life or property.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing

HALLOWEEN CELEBRATION

Monday, October 29 - 10:30am

RSVP by: Oct. 22

Join your friends for a celebration of the Fall season & Halloween.

Limited to the first 25 to register.

REMINISCING ABOUT OUT VETERAN FAMILY MEMBERS

November 7 - 10:30am

RSVP by: Oct. 31

Are you or do you have family members that are veterans? Come for a time of swapping stories and memories of your family members' military experiences, or share your own.

Limited to the first 25 to register.



FOOD SAFETY FOR THE HOLIDAYS

Tuesday, November 13 - 10:30am

Speaker: Tracie Lakey, Davie County

Environmental Health

RSVP by Nov. 6

There is a lot of food around during the Holidays. Be sure that you prepare it, store it and serve it properly so that no one gets sick.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

THANKSGIVING CELEBRATION

Monday, November 19 - 10:30am

RSVP by Nov. 9

Celebrate all your reasons to be thankful at this celebration.

Limited to the first 25 to register.

PANTRY BINGO

Monday, November 26 - 10:30am

Cost: Free

Sponsored by: Home Instead

RSVP by: Nov. 19

Our quarterly pantry bingo will allow you to win useful items that you actually need.

Limited to the first 25 to register



BEATING THE HOLIDAY BLUES

Monday, December 3 - 10:30am

**Speaker: Johnathan Adams, Triumph
Mental Health**

RSVP by: Nov. 26

Learn to beat the holiday blues and cope with stresses and depressions that often get more difficult this time of year. Mr. Adams is also an Outpatient Therapist and will be available after the presentation to answer any questions on a one-on-one basis.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

MOVIE - "THE FAMILY MAN"

Wednesday, December 12 - 10:15am -

NOTE CHANGE IN TIME

RSVP by Dec. 5

Jack Campbell has forsaken all for the pursuit of money. When he becomes involved in a grocery store holdup, everything changes. He awakens the next morning living the life he could have had - married to his college sweetheart & having two kids. Jack soon begins to feel strangely comfortable in the new role of loving husband and father, finding himself happy in the life he would have led had he made different choices. This movie is rated PG-13 for sensuality and some language and crude humor. Runtime is approximately 2 hours and 5 minutes.

Limited to the first 25 to register.

CLASSES & ACTIVITIES - FARMINGTON SITE



CHRISTMAS CELEBRATION

Thursday, December 20 - 10:30am

RSVP by Dec. 13

Join your friends for a celebration of the Christmas season.

Limited to the first 25 to register.

PRESERVING MEMORIES

Thursday, December 27 - 10:30am

Speaker: Renee Gray, CSCM & Janet Isenhour, RN, TenderHearted Home Care

RSVP by Dec. 20

Don't allow your memories to be lost. Learn different ways to cherish, revisit and share your memories. You may bring an object that is symbolic of a treasured memory to share with the group if you would like.

Limited to the first 25 to register.

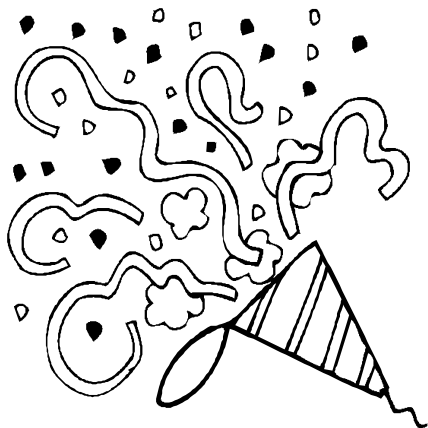
NEW YEAR'S EVE CELEBRATION

Monday, December 31 - 10:30am

RSVP by Dec. 21

Celebrate 2012 & look forward to 2013 at this fun celebration.

Limited to the first 25 to register.



CALENDAR OF EVENTS - FARMINGTON SITE

October

- Oct. 1 - Pumpkin Bowling - 10:30am
- Oct. 2 - Music Day - 10:30am
- Oct. 8 - Travel Time - 10:30am
- Oct. 10 - Open Enrollment Seminar - 10:30am
- Oct. 17 - Blood Pressure Screens - 10:30am
- Oct. 18 - Flu Shots - 10:00am - 1:00pm
- Oct. 23 - Learn to Use a Fire Extinguisher - 10:30am
- Oct. 29 - Halloween Celebration - 10:30am
- Oct. 31 - Craft Day - 10:30am

November

- Nov. 6 - Music Day - 10:30am
- Nov. 7 - Reminiscing About Our Veterans - 10:30am
- Nov. 12 - CLOSED FOR VETERAN'S DAY
- Nov. 13 - Food Safety for the Holidays - 10:30am
- Nov. 19 - Thanksgiving Celebration - 10:30am
- Nov. 21 - Blood Pressure Screens - 10:30am
- Nov. 22 & 23 - CLOSED FOR THANKSGIVING
- Nov. 26 - Pantry Bingo - 10:30am
- Nov. 28 - Craft Day - 10:30am

December

- Dec. 3 - Beating the Holiday Blues - 10:30am
- Dec. 4 - Music Day - 10:30am
- Dec. 10 - Travel Time - 10:30am
- Dec. 12 - Movie - "The Family Man" - 10:15am
- Dec. 19 - Blood Pressure Screenings - 10:30am
- Dec. 20 - Christmas Celebration - 10:30am
- Dec. 24 - 26 - CLOSED FOR CHRISTMAS
- Dec. 27 - Preserving Memories - 10:30am
- Dec. 31 - New Year's Eve Celebration - 10:30am

Calendar of Events - Mocksville Site

October

- Oct. 1 - Ask the Doctor - 10:45am
- Oct. 1 - New Yoga session starts - 1:00pm - Must pre-register
- Oct. 1 - New Yoga session starts - 2:00pm - Must pre-register
- Oct. 1 - New Yoga session starts - 3:00pm - Must pre-register
- Oct. 1 - Piedmont Power Assoc. - 7:00pm
- Oct. 2 - Senior Financial Care - 8:30am - 4:30pm
- Oct. 2 - Day Trip - Dixie Classic Fair - Depart at 9:00am
- Oct. 2 - Blood Pressure Screenings - 10:45am
- Oct. 2 - Massage Therapy - 1pm - 4pm - by appt. only
- Oct. 3 - New Yoga session starts - 10:00am - Must pre-register
- Oct. 4 - Know the Facts Seminar - 1:00pm
- Oct. 4 - Beginning Computers Class begins - 2:00pm
- Oct. 5 - Handbells - 10:00am
- Oct. 5 - Fall Fest - Autumn Care - 10:30am
- Oct. 9 - Flu Shots - 9:00am - 3:00pm - by appt. only
- Oct. 9 - Scrapbooking - 2:00pm
- Oct. 9 - Alzheimer's Support Group - 6:30pm
- Oct. 11 - Knitting/Crocheting Group - 1:00pm
- Oct. 12 - Fall Fest - Bermuda Commons - 10:30am
- Oct. 12 - Movie Day With the Grandkids - 2:00pm
- Oct. 15 - Destination Fitness Testing - 9:30 am - 1:00pm
- Oct. 15 - Monthly Movie - "The Vow" - 2:00pm
- Oct. 15 - Quilt Guild - 6:30pm
- Oct. 16 - Saving Your Plants From Winter - 1:00pm
- Oct. 16 - Senior Book Club - 2:30pm

- Oct. 16 - Computer Basics Class Begins - 3:00pm
- Oct. 19 - Flu Shots - 9:00am - 12:00pm - by appt. only
- Oct. 19 - Fall Fest - Davie Place - 10:00am
- Oct. 23 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Oct. 23 - Theatre Club - 1:00pm
- Oct. 23 - Windows Movie Maker Class Begins - 2:00pm
- Oct. 24 - Pumpkin Carving - 10:45am
- Oct. 25 - Knitting/Crocheting Group - 1:00pm
- Oct. 25 - Medicare Part D Open Enrollment Day - 1:00pm
- Oct. 26 - Fall Fest - Somerset Court - 10:30am
- Oct. 27 - Saturday Morning Cinema - "O Brother Where Art Thou" - 10:00am
- Oct. 30 - Halloween Party & Supper - 6:00pm

November

- Nov. 1 - Computer Basics Class Begins - 6:00pm
- Nov. 1 - Grandparents Raising Grandchildren Meeting - 2:00pm
- Nov. 2 - Handbells - 10:00am
- Nov. 2 - Exercising As We Age - 1:00pm
- Nov. 5 - Ask the Doctor - 10:45am
- Nov. 5 - Piedmont Power Assoc. - 7:00pm
- Nov. 6 - Senior Financial Care - 8:30am - 4:30pm
- Nov. 6 - Day Trip - Southern Supreme Fruitcake Factory - Depart at 8:00am
- Nov. 6 - Blood Pressure Screenings - 10:45am
- Nov. 6 - Massage Therapy - 1pm - 4pm - by appt. only
- Nov. 8 - Veteran's Breakfast - 7:30am
- Nov. 8 - Veteran's Lunch - 1:00pm
- Nov. 8 - Knitting/Crocheting Group - 1:00pm
- Nov. 8 - Veteran's Dinner - 5:30pm
- Nov. 9 - Learn About the New Technology Toys - 2:00pm

Calendar of Events - Mocksville Site

- Nov. 12 - CLOSED FOR VETERAN'S DAY
- Nov. 13 - 15 - Pigeon Forge Trip
- Nov. 13 - Scrapbooking - 2:00pm
- Nov. 13 - Paper Crafts for Christmas Day 1 - 1:00pm
- Nov. 13 - Alzheimer's Support Group - 6:30pm
- Nov. 14 - Lunch With County Commissioners - 12:00pm
- Nov. 15 - Paper Crafts for Christmas Day 2 - 1:00pm
- Nov. 17 - Saturday Morning Breakfast - 9:00am
- Nov. 19 - Destination Fitness Testing - 9:30 - 1:00pm
- Nov. 19 - Monthly Movie - "Good Deeds" - 2:00pm
- Nov. 19 - Envelopes & Labels Level 1 Class - 6:00pm
- Nov. 19 - Quilt Guild - 6:30pm
- Nov. 20 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Nov. 20 - Senior Lunch - 11:30am
- Nov. 20 - Envelopes & Labels Level 1 Class - 2:00pm
- Nov. 20 - Senior Book Club - 2:30pm
- Nov. 22 - 24 - CLOSED FOR THANKSGIVING
- Nov. 27 - Theatre Club - 1:00pm
- Nov. 27 - Advisory Council Meeting - 3:00pm
- Nov. 27 - Caregiver's Dinner - 6:00pm
- Nov. 29 - Dinner & a Movie - "Jack & Jill" - 5:30pm

December

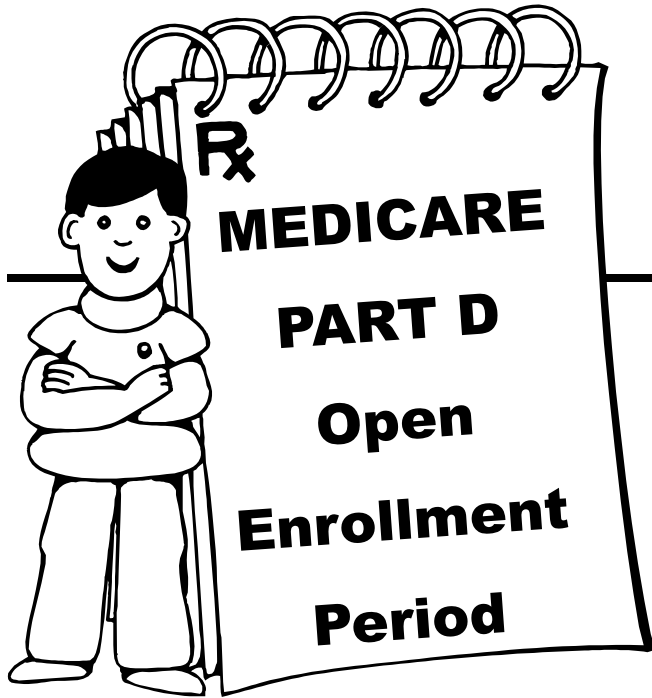
- Dec. 3 - Ask the Dr. - 10:45am
- Dec. 3 - Piedmont Power Assoc. - 7:00pm
- Dec. 4 - Senior Financial Care - 8:30am - 4:30pm
- Dec. 4 - Day Trip - Mebane, NC - Depart at 8:00am
- Dec. 4 - Blood Pressure Screening - 10:45am
- Dec. 4 - Massage Therapy - 1:00pm - 4:00pm - by appt. only

- Dec. 4 - Printing Invitations Class- 6:00pm
- Dec. 6 - Printing Invitations Class - 3:00pm
- Dec. 6 - Single's Dinner - 5:30pm
- Dec. 7 - Handbells - 10:00am
- Dec. 7 - Classic Christmas Movie - 1:00pm
- Dec. 10 - Recognizing Celiac Disease & Maintaining a Gluten Free Diet - 1:00pm
- Dec. 11 - Veteran's Social - 10:30am
- Dec. 11 - Scrapbooking - 2:00pm
- Dec. 11 - Alzheimer's Support Group - 6:30pm
- Dec. 12 - Wohlfahrt Haus Dinner Theatre Trip - Depart at 9:00am
- Dec. 13 - Knitting/Crocheting Group - 1:00pm
- Dec. 13 - Email Level 1 Class Begins - 3:00pm
- Dec. 14 - Destination Fitness Breakfast - 9:00am
- Dec. 14 - Classic Christmas Movie - 1:00pm
- Dec. 17 - Destination Fitness Testing - 9:30 - 1:00pm
- Dec. 17 - Monthly Movie - "Joyful Noise" - 2:00pm
- Dec. 17 - Quilt Guild - 6:30pm
- Dec. 18 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Dec. 18 - Christmas Party - 2:00pm
- Dec. 18 - Senior Book Club - 2:30pm
- Dec. 21 - Classic Christmas Movie - 1:00pm
- Dec. 24 - 26 - CLOSED FOR CHRISTMAS
- Dec. 27 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- Dec. 31 - New Year's Eve Bingo - 1:00pm

HOLIDAY CLOSINGS

Senior Services will be closed on the following dates:

- Monday, November 12 for Veteran's Day
- Thursday - Saturday, November 22 - 24 for Thanksgiving
- Monday - Wednesday, December 24 - 26 for Christmas



DO YOU NEED HELP?

In 2012 the Open Enrollment Period for Medicare Prescription Drug Programs is October 15 - December 7. During this time people with Medicare may enroll in or

change their Prescription Drug Coverage. As part of the NC Department of Insurance, the **Seniors' Health Insurance Information Program (SHIP)** has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call Davie County Senior Services at 336-753-6230.



278 Meroney Street
Mocksville, NC 27028
336-753-6230

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*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.